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# The Character Builder

DEVOTED TO PERSONAL AND SOCIAL BETTERMENT

Vol. 21

May 20, 1908

No. 12



The heart (mind) of a man chan-  
geth his countenance, whether it be  
for good or for evil, and a merry  
heart maketh a cheerful counten-  
ance. A man may be known by  
his looks and one that hath under-  
standing when thou meetest him.  
A man's attire and excessive laugh-  
ter and gait show what he is. The  
countenance of the wise showeth  
wisdom, but the eyes of the fool  
are in the end of the earth —Bible.

All parts of the face have their  
fixed relation to each other and to  
the character of the person to whom  
the face belongs.

—Dr. Oliver Wendell Holmes

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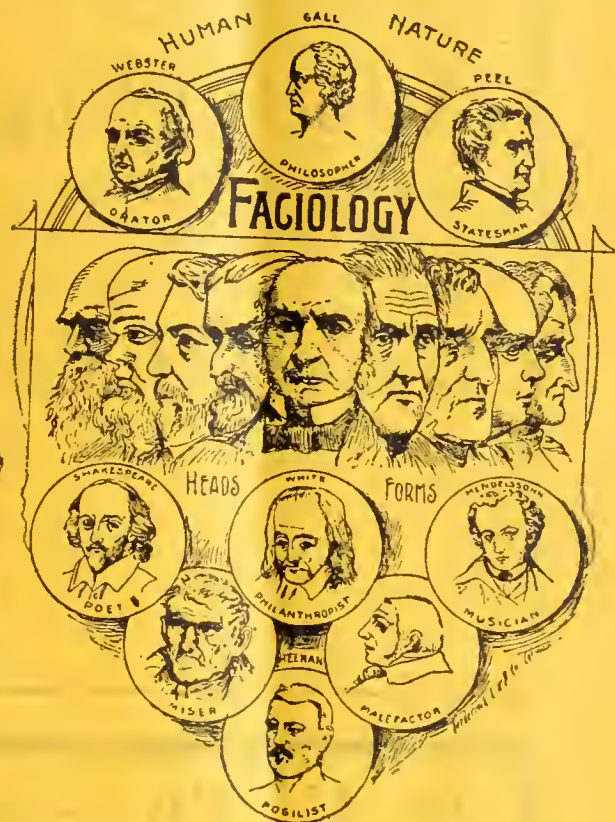
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# THE CHARACTER BUILDER

A Human Culture Journal for Everybody

VOL. 21.

MAY 20, 1908.

NO. 12.

## NOTICE.

Arrangements have been made to publish the bulletins of the State Food and Dairy Commissioner in the *Character Builder*. They will appear semi-monthly or monthly, and any person desiring one may receive a copy free, by writing to the Utah State Food and Dairy Commissioner, City and County Building, Salt Lake City, or to the *Character Builder*.

## BULLETIN No. 4

Salt Lake City, April 17, 1908.

By the Utah Food and Dairy Commissioner.

### *Baking Powders.*

Section 13 of the Food and Dairy laws, regarding Baking Powders, reads: "No person by himself, his servant or his agent, or as a servant of any other person shall:

First—Make or manufacture baking powder or any other mixture or compound intended for use as baking powder.

Second—Or sell, exchange, deliver, or offer for sale, or exchange, such baking powder, or any mixture or compound intended for use as baking powder, unless the same shall contain not less than ten (10) per cent available carbon dioxide, and unless the common commercial names of all the ingredients be printed on the label."

Baking powders are an invention of the present age. They are intended to supersede the slow and uncertain process of raising bread by yeast. The raising

of dough, whether by yeast or baking powders is due to the setting free of certain gases, principally carbonic acid gas. The gas by passing thru the dough in the form of very small bubbles, lightens or "raises" it. The actual qualifications of the best baking powders are but two in number. 1. The gradual setting free of a sufficient quantity of gas to properly raise the dough. 2. That it should produce a bread or biscuit quite free from any substance which is injurious to health. Our law thus far deals only with the first requirement: i. e. That it shall contain not less than ten (10) per cent available carbon dioxide. This clause alone has materially assisted in raising the standard of a great many cheap baking powders that formerly contained substances like lime, sulphate, clay, terra alba, talc, and others, which are entirely useless, if not harmful.

Baking Powders may be conveniently classified according to the nature of the acid constituent they contain. Three principal kinds may be recognized as follows:

1. Tartrate ("cream of tartar" powders) which contain cream of tar-

2. Phosphate baking powders, which contains acid phosphate calcium.

3. Alum baking powders, which contain compound salts known as alums.

*Cream of Tartar* is obtained from "argol." This substance is derived from



grape juice, and is separated during fermentation of the wine and is deposited inside of the casks.

The mixture of "cream of tartar" and sodium bicarbonate produces in the dough carbon dioxide, a leavening agent, water, and a residue known as Rochelle salts. This salt remains in the bread. The directions that most companies use is two teaspoonfuls to one quart of flour. In this mixture there would be at least 165 grains of crystallized Rochelle salts in a loaf of bread made from a quart of flour.

The character of this residue is probably the least objectionable of any of those left by baking powders. Rochelle salts is one of the mildest of the alkaline salts. If taken in doses of one-half to one ounce it is a purgative, but taken in small and repeated doses it does not purge but is absorbed and renders the urine alkaline.—*U. S. Dispensatory*.

#### *Phosphate Powders.*

This is made by mixing phosphate and sodium bicarbonate principally. The phosphate is made by the action of sulphuric acid upon phosphate rock. In commerce this mixture is sold for a fertilizer. The salt is of course purified before used in baking powder. The mixture of phosphate and sodium bicarbonate produces carbon dioxide, water, calcium phosphate and sodium phosphate. The total amount of residue in a loaf of bread of calcium and sodium phosphate is about 494 grains. The salts are mildly purgative. The makers of phosphate powders claim that the use of such powders restores the phosphoric acid present in the whole grain of wheat, which is largely removed in the milling.

#### *Alum Powders.*

There are three kinds of alum. Potash alum may be made from minerals

as alum stone mined in Italy. Aluminum sulphate is obtained by the action of sulphuric acid upon a certain kind of clay (criolite). Ammonium sulphate is a residue of gas works. These two sulphate salts are mixed and put in solution, and the alum salt is obtained after evaporation and crystallization. Burnt alum is simply depriving from the water of crystallization. This burnt alum if mixed with sodium bicarbonate, produces carbon dioxide gas. A residue of three kinds of salts left in the bread—chemically known as sodium sulphate, ammonium sulphate, and aluminum hydroxide—leave in a loaf 715 grains of mixed chemicals.

#### *Mixed Powders.*

The combining of more than one acid ingredient seems to be a favorite one with manufacturers. In fact, there are now comparatively few "straight" powders in the market. Most all the cheap mixtures are various mixtures sold under fancy coined names, and their number is legion.

In respect to the use of chemical leavening agents in general it may be said that they introduce an artificial process into bread-making which is likely to produce results not entirely favorable to health, therefore on general principles this manner of bread-making should not be given the preference. Especially are the uses of cheap baking powders to be deplored, as the material entering into the combination are seldom true to their chemical formula, and seldom two batches of material run alike. For this reason tests should always be made of each new batch before mixing baking powders. This will require the services of expert help and add materially to the cost of production. This additional expense can only be given to high-priced and high-grade baking powder.

I wish especially to call the merchants attention to that part of our law requiring the common commercial names of all ingredients be printed on the label. This part of the law will be enforced. You had better look over your stock and see if your baking powder is properly labeled.

Following are the baking powders on the market. Those that passed inspection will be denoted as passed—those not passed will be so marked:

Schilling's; passed.

Royal; passed.

Price's; passed.

Saltair; not labeled correctly; not passed.

Three Crown; passed.

K. C.; old package, not labeled correctly; not passed.

K. C.; new package; passed

Hardesty's Gold Label; passed.

Fitt's Baking Powder; not labeled correctly; not passed.

I C.; old package, not labeled correctly; not passed.

I. C.; new package; passed.

Calumet; not labeled correctly; not passed.

Mammoth, not labeled correctly; not passed.

Giant; not labeled correctly; not passed.

Golden Star; not labeled correctly; not passed.

Blue Label; not labeled correctly; not passed.

Golden West; not labeled correctly; not passed.

Crescent; not labeled correctly; not passed.

All baking powders not labeled correctly have been ordered to procure stickers, with all the ingredients printed thereon. The time limit for this has expired, and baking powders not properly

labeled are subject to confiscation and spoilation, and the merchant liable to fine.

JOHN PETERSON,

State Food and Dairy Commissioner.

HERMAN HARMS, Ph. G.,

State Chemist.

## HARMFUL FOODS.

(By J. T. Miller.)

In this issue the article by the State Food and Dairy Commissioner treats baking powders. In printing this article we do not endorse the use of baking powder or any other inorganic chemical compounds; they are all waste to the human organism, when they do not act as poisons upon the tissues. There is a law in nature that requires all mineral substances to be built into plant tissue before they can be built into animal tissue, or serve as a food. All the food for human beings comes either from the plant kingdom or indirectly from our fellow animal creatures, when we use their flesh, milk and other products.

It would be better to avoid the use of baking powders and soda entirely. many persons have been made dyspeptics for life by eating soda biscuits and baking powder bread. These chemicals are very bad at the best and when they have been manufactured for months and years, as some on the market are, they have a most harmful effect upon the system.

We believe that the bulletins of the State Food and Dairy Commissioners, which we are printing in the Character Builder, will create much interest in the subject of pure and wholesome foods. There is a mistaken idea among some that if an article is chemically pure it is wholesome. This is a dangerous belief. Pure whiskey, pure tobacco, pure mustard, pure pepper, pure spices, pure soda,

pure baking powder, pure vinegar, pure opium and pure strychnine can be found on the market, but even in their pure state they are harmful to the cells and tissues of the body.

The most common ailment of modern society and the cause of most other diseases, is indigestion, caused by unavoidable mistakes in diet and other personal habits. The only cure for the calamity is the simple life, where people show as much intelligence in feeding themselves as they do in feeding their animals.

M. Francis Gilton, cousin of Charles Darwin, has laid the civilized world under lasting obligation by presenting to the University of London the "initial" sum of 1,500 pounds for the establishment of a "Fellowship in National Eugencies." And thus it is that after long and patient waiting the friends of human improvement along lines of race-culture have lived to see "eugenics,"—which word means right generation,—placed upon a recognized scientific basis in the center of Anglo-Saxon civilization—London, the metropolis of the world. Brother Jonathan has not been slow in following the lead of his British cousins. A "National Committee of Ergenics" has been appointed by the United States government, with the endorsement of President Roosevelt, thru Dr. Willett M. Hays, assistant secretary of agriculture, consisting of Dr. Alexander Graham Bell; Dr. David Starr Jordan, of Stanford University; Major Charles Woodruff, M. D.; Dr. C. B. Henderson, of New York, and the Rev. J. E. Gilbert, of Washington. Auxiliary societies have been formed in various parts of the country, to co-operate with the national organization. The California

Eugenics Association has been duly incorporated as a state institution, and the proper papers filed.—Exchange.

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Willie—Papa, if I am a liar will I go to the bad place?

Twickenham—Certainly. Why?

Willie—I was thinking how far away you and I would be from mother.—Woman's Home Companion.

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The Mutual Reserve Life Insurance Company of New York has been permanently dissolved by order of the New York attorney general.

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Eight marriage or "affinity" bureaus have just been closed by the postoffice department, and the secret service has been instructed to begin a war of extermination upon them in all the large cities. One bureau made a clear profit of \$3,000 in three months.

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Both the house and the senate have passed an anti-betting bill which prevents gambling on horse races in all parts of the District of Columbia. The bill passed the senate just twenty-four hours after the spring meeting at the Benning race track in the District had closed.

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Both houses of the parliament in session at Copenhagen have passed the government franchise bill. Under it all taxpayers, male and female, more than twenty-five years old, and all married women whose husbands are taxpayers are entitled to vote.

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The Tibet Times, the first Tibetan newspaper, has recently been established in the hermit land of Tibet. The grand lama has also established



lecture and reading rooms, that the people may become conversant with the geography, history, and industrial condition of their country.

### \$300,000 For a National School of Health.

A movement of national import is now under way, backed by men of the highest prominence in New York, to create a school of health, which will be in the form of a Normal Training School for teachers and others requiring instruction in all branches pertaining to health, housekeeping, professional and home cooking, sanitary service of homes and public buildings; how to make and keep good domestics; maternity, free lectures for tenement house mothers, the care and training of children, home nursing; heredity, its possibilities and future, correction of deformities in mental and physical conditions; the therapeutic value of music in mental maladies.

The work of the school will extend over a two years' course, but there will also be special short term courses along any of the above mentioned lines for those desiring the course. Persons interested in this laudable movement should communicate with Dr. Ella A. Jennings, 81 Columbia Heights, Brooklyn, N. Y.

Prohibition a Poem to Black Men. In a speech at New Rochelle, N. Y., Booker T. Washington expressed his gratification at the advance prohibition had made in the south, a blessing to the colored race, he declared, second only to the abolition of slavery. Two-thirds of themobs, lynchings and burnings at the stake, he said, were the result of bad whiskey getting into the stomachs of bad black men and bad white men. "The great temperance movement which has swept the south," he continued "has been without parallel in history. Now that I have lived to see the whiskey snops and open bar rooms drive away with, there is no telling what other reforms may take place anywhere. You have realized how much it means to the colored race." He pointed out that for the

first time in forty years the Atlanta jail held no negro prisoners.

Has a Panacea Ready. "General" Jacob S. Coxey, the doughy leader who fourteen years ago led his army to Washington, has reappeared on the scene of his old campaigning grounds, tho not as a leader of a host. He has come to press upon members of congress the necessity of appropriating \$150,000,000 for the improvement of inland waterways and incidentally the employment of the unemployed in the country. He also has an elastic currency which he wants to supplant the Aldrich bill. It is to authorize the secretary of the treasury to lend to states, territories, counties, and municipalities enough money to put their unemployed to work on public buildings, railways, canals, highways, and public utilities of all kinds, the loans to be secured by non-interest-bearing bonds, redeemable in annual installments, and paying 4 per cent interest.

### TRYING TO SCARE FARMERS.

The brewers and liquor dealers are becoming very solicitous about the farmers, manufacturers and others, and are warning them by great, full page advertisements in the daily papers, of the danger of prohibiting the liquor traffic, predicting that if prohibition ever does come it will damage the farmers and others by several hundred million of dollars annually. They say it would reduce the sales of corn by over \$27,000,000, of barley by \$62,760,000, and of rye by \$3,916,900, and they make a pathetic appeal to the farmers "to use every effort to suppress this growing evil of prohibition." One farmer at least has got badly frightened at sight of the great temperance wave, and writes his paper that "if you stop the distilleries it will bring corn down to 10 and 15 cents a bushel." We trust that none of our readers have any such fear. It is absurd to think that shutting up a business that causes more poverty and want than all other evil agencies combined, is going to do injury to the farmer who is the good bread and meat producer of the nation. The less money spent for intoxicating drink, the more will be paid for our grain and other foodstuffs.

Indiana Farmer

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## EDITORIAL.

### Fences vs. Ambulances.

The institutions that should build strong fences to protect the young people from falling down the precipices that injure body and mind are the home, the school, the church and the state. The ambulances that are stationed below the precipice to care for the wounded are the reform school, the prison, the hospital, the insane asylum, the orphanage, the poor-house, the various charities that deal with the cure of social misfortunes rather than preventing them, juvenile courts and probation officers have the two-fold work of helping to build fences, and furnish ambulances for the wounded.

In spite of the numerous provisions made by modern society to take care of its members who have been injured mentally and physically there has been no provision made for the unfortunates who have taken step No. 1 of the social evil. By parents' classes and the schools we

are beginning to build fences that will keep them from falling down the precipice, the only ambulance that society has furnished—the regular physician—does not usually find the unfortunate one after he has started down the precipice: hence he is usually picked up by the private ambulance of charlatans and quacks, whose advertisements occupy so much space in our daily papers. When you finish reading this article go to your daily or semi-weekly paper and read how those boastful quacks offer to restore “lost manhood” at so much per victim.

It costs the intermountain west at least \$100,000 a year to keep up those ambulances of the quack medicine man and they render no valuable service to the unfortunates who are picked up by them.

For fifteen years as a teacher of physiology and sex science the writer has met the pitiable victims of those charlatans and has impressed upon him almost daily the importance of building fences that will save the youth from falling down the precipice where they will be picked up in the private ambulances of those vampires.

After fifty years' experience as a teacher, the esteemed Dr. Karl G. Maeser, said: “In all my experience as a teacher I have never been in a school where I could not see the slimy trail of the serpent, the symptoms of secret vice upon the countenances of some of the pupils.” The same condition prevails today and forms one of the saddest chapters of our modern civilization.

One of the main objects of the Character Builder has been and is and will be to train the youth in purity of thought and life so that the abnormal condition described above will be made impossible.



We have collected the best the world has on these subjects and have continuously askt the friends of our boys and girls to co-operate in using this material to build fences above the dangerous precipices and thus increase happiness many-fold.

In this effort we have received sufficient co-operation in six years to print and circulate in this region more than \$50,000 worth of life-building literature, to give free lectures on human culture in more than 200 towns, to give free personal help to hundreds of young people, and to establish a printing plant which is being liberally patronized by the public and can be used in producing character-building literature.

Six months ago the publishers announced that the work had been placed upon a self-supporting basis thru the help of the printing plant. The success of the work for all future time is assured if we can secure enough co-operation to finish paying for the printing plant; but the obligations coming due each month in connection with the current expenses of the work handicap the workers almost to the point of failure.

Eight thousand five hundred dollars has been invested in the work by 109 persons who are convinced of its importance. We need \$2,000 more immediately to put us out of bondage. A share of stock at \$10 can be made profitable to any person who has the reading habit. The work will render valuable service to society if 200 of the thousands of friends who have praised the work will invest \$10 each. We often repeat the statement: "An ounce of prevention is worth a pound of cure," but go on paying for the pound of cure instead of the ounce of prevention. Society has long enough provided ambulances to pick up the wounded at the bottom of the precipice;

that expense of life and money can be saved by building good fences above the precipices. The value of our preventive efforts has been recognized, they can be increased many-fold if 200 of our readers will join us in the work now.

---

### **Messenger Boys Are Contaminated.**

Under the above heading the Salt Lake Tribune recently described the debased condition of numerous boys in the messenger service, and stated that the police will make an effort to have the offices removed from Commercial St.

A few months ago the Character Builder published an article by Mr. Warren Foster, which described the horrible condition of boys in the messenger service. It was then suggested that boys be not permitted to remain in such an environment, which is a breeding place for criminals and candidates for reform schools. The City Council and police cannot pass this matter up if they value the manhood of messenger boys and the safety of society.

The article referred to above continues as follows:

Believing that the moral atmosphere of Commercial street, with its women of scarlet and male denizens of the night world, is working ruin to scores of messenger boys of tender age, the police department is contemplating the making of an effort to obtain the removal of the messenger offices from that thoroughfare. In all probability the City Council will soon be asked to pass an ordinance ejecting the messenger offices now occupying quarters on Commercial street from the slum district and prohibiting other similar offices from taking up quarters there.

Back of the agitation is the wave of crime that has spread to and engulfed the messenger force. Recently no fewer

than a dozen messenger boys of tender years have been implicated in the commission of grave crimes, and at this time seven are being held in the county jail under heavy bail, awaiting trial in the District court on the charge of second-degree burglary.

Several other youthful messengers have lately been taken into custody in connection with grave offenses, but the evidence was insufficient and they were released without prosecution. There was little doubt of their guilt, however, in the minds of the police.

The police lay the downfall of the youthful messengers to the immoral atmosphere of the underworld in which they are compelled to live thru the location of the messenger offices there. Frequently messenger boys are seen in company of fallen women, and thru association with such creatures are contaminated. Moral depravity accompanies viciousness and then comes crime. From innocent youths, with the glow of health in their cheeks, the messenger lads become pale denizens of the night world, and then develop into criminals. At least, such is the recent evidence in the case.

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### CHILD STUDY.

Just as the skilled pianist must be familiar with the keys of the piano and their combinations, so the parent or teacher, to produce harmony in the mind of the child, must be able to analyze the mind and stimulate the various powers in a way to produce a harmonious and balanced character. As the professional musicians may be ignorant of most other branches of education, so a person may become an expert student of child nature without a knowledge of foreign languages, higher mathematics and some

other branches included in a high school or college education.

A study of plant life and animals, of history, sociology, hygiene, physiology, morals and related studies are helpful in the study of human nature, but those who have not studied these branches and have only a limited time to devote to study can get a reliable knowledge of character by studying physiognomy, physiology, temperaments and phrenological psychology.

The study of these branches is not as difficult as the words would indicate. Any person of ordinary ability can study human nature with intense interest and great profit in self-culture, as well as in directing others. If a person's study were limited to one book the most helpful book is Wells' *New Physiognomy*. Other very helpful books are Riddell's *Human Nature Explained*, Fowler's *Manual of Mental Science*, Dr. Drayton's *Brain and Mind*, Dr. Jacques, *The Temperaments; Heads and Faces* by Nelson Sizer, and Dr. Drayton; Fowler's *Human Science*, Combe's *Constitution of Man*, Dr. Hollander's *Mental Functions of the Brain*, Sizer's *Choice of Pursuits*, Bray's *How to Educate the Feelings*. These and other choice books on human culture can be obtained from the publishers of *Character Builder*.

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### BETTER AS IT IS.

If all the dreams we love to dream  
 Would start to coming true,  
 I'd be so loaded down with gold  
 I wouldn't speak to you.  
 If all the wishes that we wish  
 Could really, really be,  
 You'd be so beautiful you would  
 No longer speak to me!

---

"Did she make you feel at home?"  
 "No; but she made me wish I was."



# YOUTHS DEPARTMENT

## Kith and Kin.

By Hattie Horner Louthan.

This is the man who made the Rum,  
And this the man who sent,  
And this man owns a big saloon,  
And these the men who rent it.  
This is the man who votes for Rum,  
(An "option," so he thinks it),  
And this is the luckless man who's lost  
His soul—the man who drinks it.  
If you can separate these men,  
And tell me where the line is;  
Part these, as sheep, from those, as goats,  
And write their judgment "Finis"  
For heaven or hell—your logic, sir,  
Is better far than mine is!

## Last on the List.

Tommy—"Do you believe it is fortunate to be the seventh son?"

Micky—"Naw! I'm the seventh son."

Tommy—"But the fortune tellers say the seventh son has all kinds of luck handed down to him."

Micky—"Huh! All I have handed down to me is me six brothers' old clothes."

## A Frequent Story.

Bronzed by foreign suns, he entered the dear old office of his colleg.

But the cashier's chair was vacant.

"Is Mr. Pitcoe out?" he asked anxiously. "I am an old friend of his."

"No, sir," returned the clerk. "Mr. Pitcoe is not out. He won't be out for 16 years."

Here the clerk smiled grimly.

"The firm is out, tho," he went on, "one hundred thousand just."

## The New Age.

When navies are forgotten  
And fleets are useless things,  
When the dove shall warm her bosom  
Beneath the eagle's wing.

When memory of battles  
At last is strange and old,  
When nations have one banner  
And creeds have found one fold.

When the hand that sprinkles midnight  
With its powdered drift of suns  
Has hushed this tiny tumult  
Of sects and swords and guns.

Then Hate's last note of discord  
In all God's work shall cease,  
In the conquest which is service,  
In the victory which is peace!  
—*Frederick Lawrence Knowles.*

Customer—"You have given me morphine instead of quinine."

Druggist—"Is it possible? In that case you owe me twenty-five cents more."  
—*Petit Parisien.*

Try, then, the "laughter cure." No matter how ill you may be, there are others a great deal worse to whom a smile will be a tonic. The smile will do you good first; it then will act upon the next person you meet and doubtless be reflected back to you.

Are you sad? Laugh just the same, for it is the "only recipe to make sorrow sink."

Are you overburdened with care, anxious for the future or stricken with grief? Then laugh with all your might said old Peter Pindur, the wise.

# HATS - THAT'S ALL



A HAT



A HAT



A HAT



A HAT



A HAT



**Deep Breathing.**

People must not only have plenty of fresh air to breathe, but they must breathe it—breathe it down deep into their lungs. Of course, we all know that we are more or less degenerates physically. We are always being told that our eyesight, our hearing, our running ability, and our power of endurance of heat and cold does not compare with the same faculties in the ordinary savage—and we believe it. We also are told that long residence in houses has restricted our breathing capacity. Little by little for hundreds of years, those who have not engaged in hard bodily exercises have given up breathing with the whole lungs. We use just as little of them as we can. The consequence is that the lower part of the lungs of the most sedentary people are more or less atrophied, and are helpless against tuberculosis.

The remedy is a habit of deep breathing. Shut the mouth, draw in the air slowly and deeply, hold it until every branch of the lungs is well supplied—then expel it slowly. Some authorities say expel it rapidly. Either way works well.

This sort of a breath should be taken every ten minutes or so all day long, especially while out-doors. But don't wait to go out. Take your deep breaths, whatever air you are in, unless it happens to be that of a crowded car or hall. Then one draws in so much poison with the rest that he had better breathe as lightly as possible.

Not too many deep breaths should be taken together. More than three or four at a time may cause giddiness, owing to the quickening of the circulation.

A distinguished writer and lecturer was cured of a tendency to tubercu-

losis by deep breathing, and never fails to enlarge upon its advantages whenever he has an opportunity. He insists that any one who will take fifty deep breaths each day will never have a cold nor any of those terrible diseases which usually result from a cold, like pneumonia, bronchitis, lumbago, sciatica, and so on.

Another well-known lecturer who lost his voice had it restored to him, greatly strengthened and improved, by deep breathing.

An old gentleman who had a hard cold all winter, and who had coughed himself nearly into tatters, met a friend in the early spring, who gave him a serious lecture on deep breathing.

"Now, it will not cure your cold," he concluded, "but it will surely help you not to get another, if you would only do it—but you won't. I have told scores and hundreds of people about it—and I presume less than a dozen have ever followed my advice in the matter!"

The following June he met the old gentleman, apparently well and in high spirits.

"You told me," he began with interest, as soon as he saw his friend, "that deep breathing wouldn't cure a cold—and I haven't coughed since. You told me that one good way was to take three breaths and then wait a half hour and take more—and so on. I did just that—and this cold which I had been packed in cold water for—and in hot water—and had been plastered and fomented for—and had taken all sorts of patent medicine for all winter long—went down before deep breathing like frost before the sun. I believe I have got hold of a good thing."

It is no fad—no passing notion. It is simply the normal, honest way of treating our lungs. Those who pooh-pooh at it show themselves lacking in sense and judgment.

# OUR BOYS AND GIRLS

## THE BOY THAT FATHER WAS

By Edith Palmer Putnam

Say, when my father was a boy,  
Boys had to be first-class;  
None of the things that we kids do  
Were ever let to pass!  
He sometimes tells us just how good  
He was, and when he does;  
I sit and wish that I could be  
As good as father was!  
He never raced, he never quarreled,  
He never slid down stairs;  
He never fought, nor told a lie,  
He never forgot his prayers.  
He never ran away from school,  
He never missed a word;  
He never failed to be on time,  
Nor talkt of what he heard.  
He never even wore out clothes,  
As everybody does;  
O dear I wish that I could be  
As good as Father was!

## I USED TO KILL BIRDS

I used to kill birds in my boyhood,  
Bluebirds and robins and wrens.  
I hunted them up in the mountains,  
I hunted them down in the glens  
I never thot it was sinful,—  
I did it only for fun,—  
And I had rare sport in the forest  
With the poor little birds and my  
gun.

But one beautiful day in the spring-  
time

I spied a brown bird in a tree,  
Merrily swinging and chirping,  
As happy as bird could be;  
And, raising my gun in a twinkling,  
I fired, and my aim was too true:  
For a moment the little thing fluttered,  
Then off to the bushes it flew.

I followed it quickly and softly,  
And there to my sorrow I found,  
Right close to its nest full of young  
ones,

The little bird dead on the ground!  
Poor birdies! For food they were  
calling;

But now they could never be fed,  
For the kind mother bird who had  
loved them  
Was lying there bleeding and  
dead!

I picked up the bird in my anguish,  
I stroked the wee motherly thing  
That could nevermore feed its dear  
young ones,  
Nor dart thru the air on swift wing.  
And I made a firm vow in that mo-  
ment,  
When my heart with such sorrow  
was stirred,  
That never again in my lifetime  
Would I shoot a poor innocent  
bird!



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